

## SAUSAGE KALE SOUP

### Ingredients:

2 bay leaves  
3 tablespoons bacon fat or olive oil, divided  
Stryker Farm Mild Italian Sausage  
1 large yellow onion  
4 cloves of garlic  
½ cup sturdy red wine  
3 stalks of chopped celery  
A bouquet garni or fresh herbs: marjoram,  
thyme, parsley, oregano  
3 chopped carrots  
4 cups of pork stock  
1 cup (or a can) of cannellini beans  
1 cup of french green lentils  
2 cups tomato puree  
2 cups chopped kale  
Salt and pepper, to taste

### For the Breadcrumbs:

A few pieces of “day old” bread  
Dry Italian spices  
olive oil



The fall kitchen welcomes hearty soups that fill your belly. This soup uses Italian mild pork sausage with dark leafy kale. This soup is packed with vitamin rich veggies and beans to warm you up in the chilly autumn weather. Delicious and nutritious!

### Instructions:

1. Begin by prepping all your winter veggies. Soups like these allow you to add any winter veg you might have on hand. (Admittedly, I never make the same soup twice!)
2. There's a trick to kale. With one hand hold the stem and with the other, loosely grab the stem from the bottom and move upward quickly. You'll zip the leafy green part right off leaving the tough stems. Chop the leaves into inch wide strips.

3. Start your aromatics. Using bacon fat or olive oil, add onions, carrots, celery and garlic to a large stock pot. Gently cook these until the onions are translucent.
4. Take the sausage out of its casing. I prefer larger sausage chunks in this kind of soup so I pinch of bite-sized chunks into the pot. Don't rustle them, and they'll start to cook in those pieces.
5. Add all the liquids. the stock, tomato puree and the wine.
6. Add in the kale, bouquet garni of fresh herbs, and the lentils. Bring the soup to a boil. Let it boil for 5 minutes. Then turn it down and add the cooked beans.
7. Let the soup simmer uncovered for at least an hour to cook the lentils through. I like to let it simmer for longer so that the flavors all meld. Add salt and pepper to taste.
8. You can enjoy this soup straight out of the pot or add some rustic breadcrumbs.
9. Roughly cut up a older french loaf into bite size pieces. In a bowl, lightly cover them with olive oil and a healthy sprinkling of dried Italian spices.
10. Spread them out on a baking sheet and bake at 400°F until they turn a nice toasty brown. Add these to your bowl of soup with some grated parmigiano cheese.